

## Executive Director Update

### TELADOC

The MCSIG Board is pleased to announce a new **optional** benefit program, TelaDoc (see attached flyer). TelaDoc is a national network of board certified physicians that provide telehealth medical consults on a 365/24/7 basis.

TelaDoc physicians utilize electronic health records and telephone consultations to diagnose, recommend treatment and write short-term non-DEA-controlled prescriptions, when appropriate. TelaDoc treats common conditions like sinus infections, allergies, bronchitis, sore throat, pink eye, cold or flu. In most cases, these are medical issues that the member has previously experienced and merely needs a diagnosis confirmed and a treatment plan.

TelaDoc does NOT replace existing primary care physician relationships but instead enhances them with an efficient, cost-effective alternative for minor medical problems. Here's how TelaDoc works

- First members must either call TelaDoc (\$12 member charge) or go online @ [www.TelaDoc.com](http://www.TelaDoc.com) (free) to complete a medical history disclosure. Members can utilize the username located on their TelaDoc ID card (mailed earlier this month). All information submitted to TelaDoc is **confidential** and will not be shared. Only you and the consulting physician can view your medical data.
- Members can access consultation services by calling 1-800-TelaDoc (835-2362). Members pay a \$10 co-pay for each separate consultation. In most cases, members can be consulting with a TelaDoc physician within 30 minutes of their initial call!

TelaDoc is a great alternative for non-emergent medical care when a member's physician is not available, after normal business hours or when on vacation or a business trip.

The MCSIG Board implemented this new, optional benefit for the convenience of our members who sometimes cannot take time from their busy lives to see their primary care physician and as a strategy to help bring down inappropriate use of emergency rooms for primary care services which average \$2,500 per visit.

### Happy Valentines Day!

#### Important Upcoming Dates

##### Executive Committee Meetings

February 10, 2010  
Special Workshop  
1:00 p.m.

February 16, 2010  
1:30 p.m.

##### Full Board Meeting

March 16, 2010  
3:00 p.m.

#### Executive Committee Members

Garry Bousum, President  
Robert Della Rosa, Vice President (CTA)  
Sara Perez, Treasurer  
Dee Baker, Member  
Robin Blakley, Member  
Peggy Gilkey, Member (CTA)  
Eric Price, Member (CSEA)  
Rosie Sanchez, Member (CSEA)

Sherrell Freeman, J.D., MPA  
Executive Director  
831-755-0161 fax: 755-0172  
[sfreeman@monterey.k12.ca.us](mailto:sfreeman@monterey.k12.ca.us)  
[www.mcsig.com](http://www.mcsig.com)





You're one step away from 24 hour access to on-demand healthcare.



## Activate Your Account for Convenient Access to Healthcare Today

Your organization is pleased to provide you with access to TelaDoc. TelaDoc is a national network of board certified physicians providing cross coverage consultations 24 hours a day, 365 days a year. TelaDoc physicians use medical records and telephone consultations to diagnose, recommend treatment and write short-term prescriptions, when appropriate. Call TelaDoc from work, home, or while on vacation; our physicians are always available.

**Activate Your Account**

*You are now an existing registered TelaDoc member.*

You can activate your account online or call **1.800.TelaDoc** (835.2362) for assistance.

1. **Activate your Account.**
  - a. Go to [www.TelaDoc.com/activate](http://www.TelaDoc.com/activate).
  - b. Choose "Don't know your password? Click here" to create a temporary password for activation.
  - c. Follow password instructions noted on screen.
2. **Complete your Medical History.**  
This is a *required* step in the TelaDoc process. The physician will use your medical history just as he/she would during an in-office visit.

### TelaDoc Services

TelaDoc consulting physicians treat minor illnesses like:

- Sinus infections
- Respiratory infections
- Urinary tract infections
- Allergies or poison ivy

- Sor...
- Col...
- Pink...

### When to Use TelaDoc

- When your primary care physician is not available
- For non-emergency medical issues, questions or concerns
- If you need a prescription<sup>1</sup> refill (short-term, limited refills only)
- If you are traveling and need medical care
- For peace of mind, knowing you are making the right choice about health related issues

Flu? **Allergies?** Sinus Infection? **Pink Eye?** Bronchitis? **Respiratory Infection?** Cold? **Poison Ivy?** UTI? **Sore Throat?**

**Why wait for medical care?** Call **1.800.TelaDoc** (835.2362) or visit [www.TelaDoc.com](http://www.TelaDoc.com) today.

TelaDoc does not replace your primary care physician. <sup>1</sup>TelaDoc does not prescribe DEA controlled substances. TelaDoc is not an insurance product, nor does it replace insurance. TelaDoc is not available to residents of or in the state of OK. TelaDoc does not guarantee the issue of a prescription. For more information, please visit [www.TelaDoc.com](http://www.TelaDoc.com) or call 1.800.TelaDoc (835.2362). © 2009 TelaDoc, Inc. All rights reserved.